

## WHEN YOU ARE 11 TO 14

### POINTS TO REMEMBER

#### SAFETY

- **IT IS IMPORTANT** that you and everyone else always wear a safety belt and helmet.
- **CHILDREN** younger than 16 should not ride an ATV because they do not yet have the physical coordination or judgment to handle these vehicles.
- **LEARN** to swim and know the safety rules of water. **NEVER** swim alone. **NEVER** swim in fast moving water. **ALWAYS** wear water-flotation clothing or an appropriately fitting US Coast Guard-approved life jacket when engaged in water sports.
- **NEVER** carry or use a weapon of any kind. **TEACH** your child nonviolent conflict-resolution techniques.
- **DEVELOP** techniques to protect yourself from physical, emotional, and sexual abuse.
- **IF YOU** are experiencing emotional, physical, or sexual abuse, (i.e. if someone is hurting you or making you do things with your body you don't want to do) **TELL** your health care provider, a responsible adult, or call the **ABUSE HOTLINE 1-800-752-6200** for help.
- **ASK** your parents to install smoke detectors in your home and **CHANGE** the batteries twice a year when the time changes in the spring and fall.
- **ALWAYS** wear sunscreen when outside for long periods of time.
- **KNOW** where and with whom your child is spending leisure time.
- **CLEARLY DISCUSS** rules and expectations for acceptable behavior.
- **DISCUSS** your parent's safety rules with them, including those about visitors.
- **HELP** your child make a plan for what to do in case she ever feels unsafe riding in a vehicle because the driver has been drinking or using drugs, or if any situation is out of hand. **INSTRUCT** child to never ride in a vehicle with someone who has been using drugs or alcohol. Call your parents or another trusted adult and get help.

#### RISK REDUCTION

- **CONSIDER** locking your liquor cabinet and putting your prescription medicines in a place where your child cannot get them.
- **INSTRUCT CHILD: DO NOT** smoke, use tobacco, drink alcohol, or use drugs, inhalants, anabolic steroids, or diet pills. Smoking marijuana and other drugs can hurt your lungs; alcohol and other drugs are bad for brain development.
- **INSTRUCT CHILD** to avoid situations which drugs or alcohol are readily available.
- **INSTRUCT CHILD** if they smoke, use drugs, or drink alcohol, let's talk about it. I can suggest ways to help you quit.
- **INSTRUCT CHILD** if they drink alcohol, do not drink when swimming, boating, riding a bike, or motorcycle, or operating farm equipment.
- **TALK** to your child about your knowledge, expectations, and values about dating, activities, relationships, marriage, parenting and family.
- **TALK** to your child often, and clearly share your expectations and beliefs about sex and relationships.
- **ENCOURAGE** abstinence from sexual activity or a return to abstinence. **NOT HAVING SEX** is the safest way to prevent pregnancy and sexually transmitted diseases, including HIV infection/AIDS.

- **HELP** your child make a plan to resist pressures to use substances or have sex. Be there for them when they need support or help. **WHEN** dating, or in any situations related to sexual behavior, remember that **“NO”** means NO. Saying **“NO”** is OK.
- **ASK** your health care provider any questions you may have about body changes during puberty, including variations from individual to individual. **GIRLS** may have questions regarding menstruation.
- **ASK** your health care provider any questions you may have about birth control or sexually transmitted diseases.
- **KNOW** the concept of **“COERCION”**, which means tactics used to get a person to do something they do not want to do. These tactics include: **PERSUASION** (“I know you really want to...”), **PRESSURE** (“If you loved me you would...”), **MANIPULATION** (“You’re the only one who understands me; I can’t live without you...”), **BLACKMAIL** (“If you don’t, I will...”), **GUILT** (I took you out; you owe me”, “but I gave up friends, party, someone else for you”), and **PUT DOWNS** (“No one else will ever want you”).
- **LEARN TECHNIQUES** for being **ASSERTIVE** about sexual activity.
- **USE** statements like **“When you \_\_\_ it makes me feel”**: or **“I want you to or I will”**.
- **AVOID** alcohol and drugs as these agents may be used to manipulate a person into sexual activity.
- **SUGGEST** alternatives (**“Let’s go get pizza”**)
- **IDENTIFY** consequences (**“I could get pregnant”**), or **LEAVE** and **WALK** away if necessary.
- **INDIVIDUALS** have the right to **REFUSE** to engage in sexual activity or to **END** the activity at any time.
  - **IF** you are engaging in sexual activity, including intercourse, ask your health care provider for an examination and discuss methods of birth control. Learn about **SAFE SEX**.

## **NUTRITION**

- **EAT** three meals a day, choose a variety of healthy foods and eat meals with your family on a regular basis.
- **WHEN** you eat snacks, choose nutritious foods, such as fruit, raw vegetables, yogurt, cereal, or crackers.
- **LIMIT** high fat, low nutrient snacks, such as candy, chips or sugar sweetened soft drinks.
- **SELECT** a nutritious meal from the school cafeteria or pack a balanced lunch to take from home.
- **ACHIEVE** and **MAINTAIN** a healthy weight.
- **MANAGE** your weight through good eating habits and regular physical activity.

## **HEALTHY TEETH**

- **BRUSH** your teeth daily and **FLOSS** once a day.
- **TAKE** fluoride supplements as recommended by your health care provider.
- **WEAR** protective sport gear such as a mouth guard or face protector.
- **SCHEDULE** a dental visit every six months, unless your dentist recommends otherwise. As permanent molars erupt, make sure your Dentist evaluates them for the application of a dental sealant.

- **DO NOT** smoke, chew or use smokeless tobacco.

## **MENTAL HEALTH**

- **TAKE** on new challenges that will increase your self-confidence.
- **CONTINUE** learning about yourself (i.e., what is important to you, what you believe in, etc.).
- **LEARN** to feel good about yourself through learning what your strengths are and listening to what good friends and valued adults say about you.
- **FOLLOW** family rules, such as those for curfews, television viewing, and chores.
- **BECOME** responsible for your own school attendance, homework, and course selection.
- **LEARN** to recognize and deal with stress.
- **UNDERSTAND** the importance of your religious and spiritual needs and try to fulfill them. If you often feel scared, depressed, angry or hopeless, talk to an adult you trust or to your guidance counselor.